



with Timon and Pumbaa:
SAFETY SMART
Healthy & Fit!

Name: _____

AN HOUR A DAY

To be healthy and fit, you should do an hour of physical activity each day. In the box below, draw a picture to show how you'll be physically active for an hour today. Write or dictate a sentence that describes your picture.

About my picture: _____

Ambassador Note:

Introduce this activity by talking about the concept of one hour. Display an analog clock with the time set on the hour.

Ask students:

- What time is shown?

Show the passing of an hour and ask:

- What time is shown now?

Ask:

- How many minutes are in a half hour? (30) One hour? (60)
- How many half hours make one hour? (2)

- How might you show this relationship using numbers or pictures? (Students might write: $30 + 30 = 60$. Or they might draw two halves of a clock on one side of an equal sign and a whole clock on the other side. Many answers are possible.)

Set an analog clock to various times (on the hour and half hour only) and ask:

- What time is shown?
- What time will it be in one hour?
- What time was it an hour ago?

Repeat using a digital clock.